

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 3 August '14

Note: Remember to breathe in through the nose on "relaxed" phase of movement and out through the mouth on "exertion" phase.

Begin with "Dynamic Warm-Up". Each 30 – 45 Seconds.

- High Knee March – Arm Cross
- High Knee March – Arm Raise
- 3 Point Potations
- Prisoner Style Elbow to Opposite Knee
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Perform: 1 Set of the following. Rest 1 Minute before going to resistance sets.

- Plank – 30 seconds or as long as you can
- Bird Dog – 20 Reps each side – Slow pace / Hold the movement
- Heel Touches - 20 touches each side – Slow pace

Resistance: Rest at least 30 seconds between and at least 1 minute exercises.

- TRX Chest Press - 4 Sets / 12 Reps
- TRX Squats – 4 Sets / 10 Reps
- TRX Rows - 5 Sets / 12 Reps
- TRX Leg Curls – 4 Sets / 10 Reps
- TRX Shoulder "Ys" - 4 Sets / 10 Reps

Stretch and enjoy the day!